

VERMONT'S STRATEGIC PRIORITIES FOR ACTION:

1

Prevent future cancers by reducing exposure to known risk factors. Nearly two-thirds of cancer deaths in the U.S. can be linked with tobacco use, poor diet, obesity, and lack of physical activity.

- reduce tobacco use among all Vermonters
- increase the proportion of Vermonters with children that prohibit smoking in their homes
- decrease the prevalence of obesity among all Vermonters
- increase daily fruit and vegetable consumption among all Vermonters
- increase regular, moderate physical activity among all Vermonters
- increase use of sun protection methods by Vermonters
- increase number of Vermont homes tested for radon gas
- increase breastfeeding rates among Vermont mothers

2

Detect new cancers as early as possible through appropriate screening. Identifying cancer early greatly increases effectiveness of treatment and likelihood of survival.

- increase colon cancer screening among Vermonters ages 50+
- increase breast cancer screening among women ages 40+
- increase cervical cancer screening among women age 18+
- promote informed decision making about prostate cancer screening among Vermont men ages 50+

3

Increase access to optimal cancer treatment and follow-up care. Effective treatment includes medical, surgical, and radiological interventions as well as approaches that support a patient's physical, nutritional and emotional needs.

- increase referrals for multi-modality treatment assessment
- reduce financial, geographic and cultural barriers to appropriate cancer treatments
- increase availability and use of transportation services to access cancer treatment
- increase participation in therapeutic clinical trials
- increase the proportion of Vermonters covered by health insurance

4

Improve the quality of life for people living with, through and beyond cancer. Emotional support, on-going health maintenance, and social connections can greatly improve quality of life for cancer survivors.

- identify the most pressing needs of cancer survivors in Vermont
- develop specific strategies to address the needs of cancer survivors
- advocate for necessary changes in policies and services

5

Improve end-of-life care for cancer patients. Options for pain management, palliative care and hospice services are part of the full spectrum of care for people diagnosed with cancer, yet many people do not have the opportunity to take advantage of these services.

- increase availability and use of pain management, hospice and palliative care
- promote reimbursement for hospice and palliative care among insurers
- collaborate to establish a statewide secure electronic database of advance directives for health care and medical treatment

Websites with more information about cancer:

www.healthvermont.gov/Cancer (VT Dept. of Health)

www.cancer.org (American Cancer Society)

www.cancer.gov (National Cancer Institute)

www.cdc.gov/cancer (Centers for Disease Control and Prevention)

www.yourdiseaserisk.harvard.edu (Harvard Center for Cancer Prevention)

www.plwc.org (American Society of Clinical Oncology and People Living with Cancer)

cancercontrolplanet.cancer.gov (ACS, NIH, CDC, SAMHSA, AHRQ)



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VERMONT STATE CANCER PLAN

Cancer affects everyone in some way. Either we have had it ourselves or we know someone who has. In Vermont each year, an average of 3,064 new cases of cancer are diagnosed and 1,236 people die from cancer.

Every year there are victories in the battle against cancer: new treatments, new methods of screening and early detection, and more and more people are taking advantage of them. Many forms of cancer can be prevented and the prospect of surviving cancers that are detected early continues to improve.

The five most common cancers diagnosed in men are prostate, lung, colon, bladder and melanoma. In women, the most commonly diagnosed cancers are breast, colon, lung, uterine and melanoma.

Vermonters Taking Action Against Cancer is a coalition of more than 150 people—cancer survivors, public health and health care professionals, cancer advocates and other Vermonters dedicated to reducing the impact of cancer for all Vermonters.

The Vermont Department of Health and Vermonters Taking Action Against Cancer are working together to raise awareness, to prevent cancer where possible, and to improve the prospects of surviving cancer for those who are diagnosed with it.

Find out more about Vermonters Taking Action Against Cancer or request a copy of the State Cancer Plan by calling (802) 865-7706. The plan is also posted at the Vermont Department of Health website: www.HealthVermont.gov/Cancer.

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